- **CARDIO MIX-** Full body workout emphasizing cardio and strength conditioning. All fitness levels, but must be able to get down on a mat. 60 minutes.
- **CHAIR YOGA:** Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. All levels. Chair is used; no floor work. 45 minutes.
- **CIRCUIT EXPRESS**: Class focuses on strength, balance, coordination, and agility through the use of timed intervals. 45 minutes.
- **FITNESS AND GYM with TRICIA**: This class is held in our multi-purpose studio and is focused on free weight strength training. This class will give you a total body workout, but will involve floor work and is not designed for beginners; intermediate to advanced levels only. 45 minutes.
- **MORNING BURN—**A muscle and cardiovascular conditioning class designed to give you a total body workout in just 45 minutes. All fitness levels.
- **MULTI-LEVEL YOGA—** This class is for anyone of any fitness level. It will focus on total body strengthening, flexibility, and relaxation. Great class to take after a long day at work!! 60 minutes.
- **PILATES** — A low-impact mind-body exercise method focused on core strength, flexibility, posture, and controlled movement. Can use a mat or a chair. 45 minutes.
- **PULSE POWER CIRCUIT**— For intermediate to advanced fitness levels, this is the most challenging class we offer. You will move quickly between different strength and cardio exercises with minimal rest, often completing multiple rounds, which makes it an effective way to build both muscle and strength. You will be using different equipment like: dumbbells, kettlebells, slam balls, steps, and more! 60 minutes.
- **PULSE AND GROOVE**— This class will combine strength circuit training with dance movements to work on building strength, agility, power, and endurance. This will be a fun and engaging way to get in your exercise! Must be able to get down on a mat/the floor. 60 minutes.
- **SILVER SNEAKERS CIRCUIT:** Combine fun and fitness to increase your cardiovascular endurance power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. 45 minutes.
- **SILVER SNEAKERS CLASSIC—** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities of daily living. Hand held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. 45 minutes.
- **SIT AND BE FIT**: This class will focus on both upper and lower body strength and endurance, but in a seated position. We will use dumbbells, bands, and/or balls. The entire class will be done in a chair. 45 minutes.
- **SOLID GOLD:** — Dance and sweat to the oldies! 45 minutes. All levels.
- **STRETCH EXPRESS**—This class focuses on joint range of motion, muscle and joint extensibility and relaxation. This class is great for men and women of all ages. A chair can be used for support, but must be able to stand unassisted. The mat will be used in the Tuesday 6:45am class. 45 minutes.
- **TAI CHI (Beginner and Advanced)-** A physical and spiritual blend of discipline for health and relaxation exercise. Improves circulation and balance as well as aiding in the relaxation and strengthening of the nervous system to create a sense of well-being. 45 minutes.
- **TAP INTO FITNESS:** Use the beat of the music to work on balance, strength, and cognitive function with coordinated "tap" choreography. 30 minutes. ***To participate in this class, it is recommended to buy your own pair of tap shoes (ex: online at Amazon, Dancewear Solutions, Dance Outfitters on Volvo Pkwy, etc.)***
- **TOTALLY PINK-** Registered participants only. 12 week Breast Cancer Exercise Program led by a certified Cancer Exercise Specialist, Tiffany Markun Jinright.